



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 19096, Ice creams, vanilla, light, soft-serve

Report Date: June 26, 2017 17:32 EDT

Nutrient values and weights are for edible portion.

Food Group : Sweets

Carbohydrate Factor: 3.8 Fat Factor: 8.79 Protein Factor:4.1 Nitrogen to Protein Conversion Factor:6.4

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 serving 1/2 cup 88g
Proximates					
Water	g	69.60	45	0.153	61.25
Energy	kcal	126	--	--	111
Energy	kJ	527	--	--	464
Protein	g	4.90	1	--	4.31
Total lipid (fat)	g	2.60	67	0.116	2.29
Ash	g	1.10	1	--	0.97
Carbohydrate, by difference	g	21.80	--	--	19.18
Fiber, total dietary	g	0.0	--	--	0.0
Sugars, total	g	18.69	--	--	16.45
Minerals					
Calcium, Ca	mg	157	1	--	138
Iron, Fe	mg	0.06	1	--	0.05
Magnesium, Mg	mg	14	1	--	12
Phosphorus, P	mg	121	1	--	106
Potassium, K	mg	221	1	--	194
Sodium, Na	mg	70	1	--	62
Zinc, Zn	mg	0.53	1	--	0.47
Copper, Cu	mg	0.027	1	--	0.024
Manganese, Mn	mg	0.008	1	--	0.007
Selenium, Se	µg	3.6	--	--	3.2
Vitamins					
Vitamin C, total ascorbic acid	mg	0.9	1	--	0.8

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 serving 1/2 cup 88g
Thiamin	mg	0.052	1	--	0.046
Riboflavin	mg	0.198	1	--	0.174
Niacin	mg	0.118	1	--	0.104
Pantothenic acid	mg	0.447	1	--	0.393
Vitamin B-6	mg	0.046	1	--	0.040
Folate, total	µg	5	--	--	4
Folic acid	µg	0	--	--	0
Folate, food	µg	5	--	--	4
Folate, DFE	µg	5	--	--	4
Choline, total	mg	20.3	--	--	17.9
Vitamin B-12	µg	0.50	1	--	0.44
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	29	--	--	26
Retinol	µg	28	--	--	25
Carotene, beta	µg	5	--	--	4
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	103	1	--	91
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	0.06	--	--	0.05
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	0.4	--	--	0.4
Lipids					
Fatty acids, total saturated	g	1.630	--	--	1.434
4:0	g	0.090	2	--	0.079
6:0	g	0.050	2	--	0.044
8:0	g	0.030	2	--	0.026
10:0	g	0.070	2	--	0.062
12:0	g	0.070	2	--	0.062
14:0	g	0.270	2	--	0.238

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 serving 1/2 cup 88g
16:0	g	0.730	2	--	0.642
18:0	g	0.320	2	--	0.282
Fatty acids, total monounsaturated	g	0.760	--	--	0.669
16:1 undifferentiated	g	0.060	2	--	0.053
18:1 undifferentiated	g	0.700	2	--	0.616
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.100	--	--	0.088
18:2 undifferentiated	g	0.060	2	--	0.053
18:3 undifferentiated	g	0.040	2	--	0.035
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	12	1	--	11
Amino Acids					
Tryptophan	g	0.059	--	--	0.052
Threonine	g	0.197	--	--	0.173
Isoleucine	g	0.260	--	--	0.229
Leucine	g	0.424	--	--	0.373
Lysine	g	0.351	--	--	0.309
Methionine	g	0.109	--	--	0.096
Cystine	g	0.039	--	--	0.034
Phenylalanine	g	0.211	--	--	0.186
Tyrosine	g	0.204	--	--	0.180
Valine	g	0.292	--	--	0.257
Arginine	g	0.185	--	--	0.163
Histidine	g	0.117	--	--	0.103
Alanine	g	0.184	--	--	0.162
Aspartic acid	g	0.345	--	--	0.304
Glutamic acid	g	0.923	--	--	0.812
Glycine	g	0.182	--	--	0.160

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 serving 1/2 cup 88g
Proline	g	0.466	--	--	0.410
Serine	g	0.241	--	--	0.212
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0